

Sprint to Silver

and earn

25 Airpoints Dollars™ or a \$25 Woolworths Gift Card

With AIA Vitality, your healthy habits can earn points. The more points you earn, the higher your status and the more benefits and rewards you'll receive.



The journey starts here

Choose your path and conquer Silver with the point-earning activities that suit you:

Complete the online AIA Vitality Age Assessment

UP TO 1,500 POINTS
20 MINS

Complete the quick online Non-Smoker's Declaration

1,000 POINTS
1 MIN

Complete the online Skin Self-examination

500 POINTS
5 MINS

As an AIA Vitality member, you receive one free **AIA Vitality Health Check*** each membership year. In 30 minutes or less you will get your body mass index (BMI), blood pressure, cholesterol, and blood glucose levels checked. You'll also earn up to **10,000 points**.

In return for your hard work, you'll choose either a 25 Airpoints Dollars™ or a \$25 Woolworths Gift Card reward.

Congratulations!

If you've completed all of the above and achieved maximum points, you will have reached AIA Vitality Silver status – that's awesome!

Visit a participating Life or Unichem Pharmacy, or your GP to complete the free AIA Vitality Health Check

UP TO 10,000 POINTS
30 MINS

Nice work!

You've earned

UP TO

3,000

POINTS

in less than 30 mins! You're now on your way to reaching Silver!



Visit MoleMap to complete a skin assessment

1,500 POINTS
20 MINS

Still need a few more points before you get to Silver? Here's some other easy actions you can take.

Complete the AIA Vitality Fitness Assessment through CEPNZ or Snap Fitness

UP TO 2,000 POINTS
30 MINS

Visit your Dentist and complete a dental check

1,000 POINTS
30 MINS

Keep those points rolling in with these everyday earners. Before you know it, you'll be going for Gold!

Link a device and complete 12,500 steps a day, over 30 days in total

3,000 POINTS

Complete the Financial Wellbeing Assessment

250 POINTS
10 MINS

Meditate for 10 mins at least 3 times a week, over the course of a month

UP TO 300 POINTS

Track your sleep for 10 AIA Vitality Points when you sleep at least 7 hours, over 30 days in total

UP TO 300 POINTS

Link a device and complete 12,500 steps a day, over 30 days in total

3,000 POINTS

Silver's just the start

The more points you earn, the more quickly you'll move from Silver to Gold and finally Platinum. You can choose between Airpoints Dollars™ or Woolworths Gift Cards along the way, up to the value of \$300 per membership year.

And the best yet? With AIA Vitality you will have actively prioritised your health and wellbeing. It's a win-win.



	B BRONZE 0 POINTS	S SILVER 10,000 POINTS	G GOLD 20,000 POINTS	P PLATINUM 30,000 POINTS 35,000 POINTS	
A airpoints™		+25 Airpoints Dollars™ Or	+50 Airpoints Dollars™ Or	+100 Airpoints Dollars™ Or	+125 Airpoints Dollars™ Or
Woolworths		+\$25 Woolworths Gift Card	+\$50 Woolworths Gift Card	+\$100 Woolworths Gift Card	+\$125 Woolworths Gift Card
endota	20% discount voucher	30% discount voucher	40% discount voucher	50% discount voucher	



Free AIA Vitality Health Checks are available at participating Life and Unichem pharmacies. AIA Vitality Health Checks can be completed as part of a GP visit, standard consultation fees and conditions apply.